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2020

Chapter 3: Prevention

Georgia Southern University

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Prevention: What to Do

How to help prevent the spread of the virus

Listen to the information in this section



Protection Tips



Wash your hands frequently



Wear a cloth face covering and avoid touching your eyes, nose or mouth



Maintain social distancing



Keep objects and surfaces clean

Skip to a Section Below



Handwashing



Distance



Masks



Eagles Do Right When We Wash Our Hands

Hand Washing



Listen to the information in this section

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

[Click here to learn more from the CDC about when and how to wash your hands](#)

Wash Your Hands: Georgia Southern Fight Song Style



1. 60% alcohol or soap



2. Fingers



3. Palm to palm



4. Fingernails



5. Wrists



6. Thumbs



7. Rub until dry, turn off the sink and open the door using a paper towel



8. Disinfected!

Listen to the Georgia Southern Fight Song

Wave the blue, wave the white
Hold the banner high
The Eagles are on the wing.
Sound a cry to the sky,
As we look for glory.
Victory now we sing.
Hail the blue, hail the white

Hail the team that's soaring
Upward to bring us fame;
Georgia Southern Eagles
Fight on to victory and
Win this game!
Blue and white-fight, fight!
Blue and white-fight, fight!
Georgia Southern-Eagles!
Fight, fight, fight!



Eagles Do Right When We Spread Our Wings

Avoid Close Contact



Listen to the information in this section

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Remember that some people without symptoms may be able to spread the virus.
- Stay at least 6 feet (about 2 arm's length) from other people even if you and they are not sick.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

[Click here to learn more from the CDC about social distancing](#)

Social Distancing



Safe Distance

Keep at least a distance of 6 feet between yourself and other people.



Older Adults

Try not to come in contact with the elderly and others in high risk groups as they are the most vulnerable to the virus.

Eagles Do Right When We Cover Our Beaks

Wear a Cloth Face Cover



Listen to the information in this section

- You could spread COVID-19 to others even if you do not feel sick.
- Effective July 15, 2020, University System of Georgia (USG) institutions will require all faculty, staff, students and visitors to wear an appropriate face covering while inside campus facilities/buildings where six feet social distancing may not always be possible. Face covering use will be in addition to and is not a substitute for social distancing. Face coverings are not required in one's own dorm room or suite, when alone in an enclosed office or study room, or in campus outdoor settings where social distancing requirements are met.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Please do not use medical-grade masks, as they are in great demand by healthcare workers.
- *Continue to keep about 6 feet between yourself and others. A face covering is not a substitute for social distancing.*

[Click here to learn more from the CDC about cloth face coverings](#)

How to Wear Cloth Face Coverings

Step 1

1. Wash your hands prior to putting on your face covering

2. Cover your **nose and mouth**
3. Secure under your chin

Step 2

1. Help protect others
2. Keep the covering on your face the entire time you're in public
3. **Don't** put covering around your neck or up on your forehead
4. **Don't** touch the face covering, and, if you do, wash your hands

Step 3

1. Stay at least 6 feet away from others
2. Avoid contact with people who are sick
3. Wash your hands often, with soap and water, for at least 20 seconds each time
4. Use hand sanitizer if soap and water are not available

Step 4

1. Untie the strings behind your head or stretch the ear loops
2. Handle only by the ear loops or ties
3. Fold outside corners together
4. Place covering in the washing machine
5. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

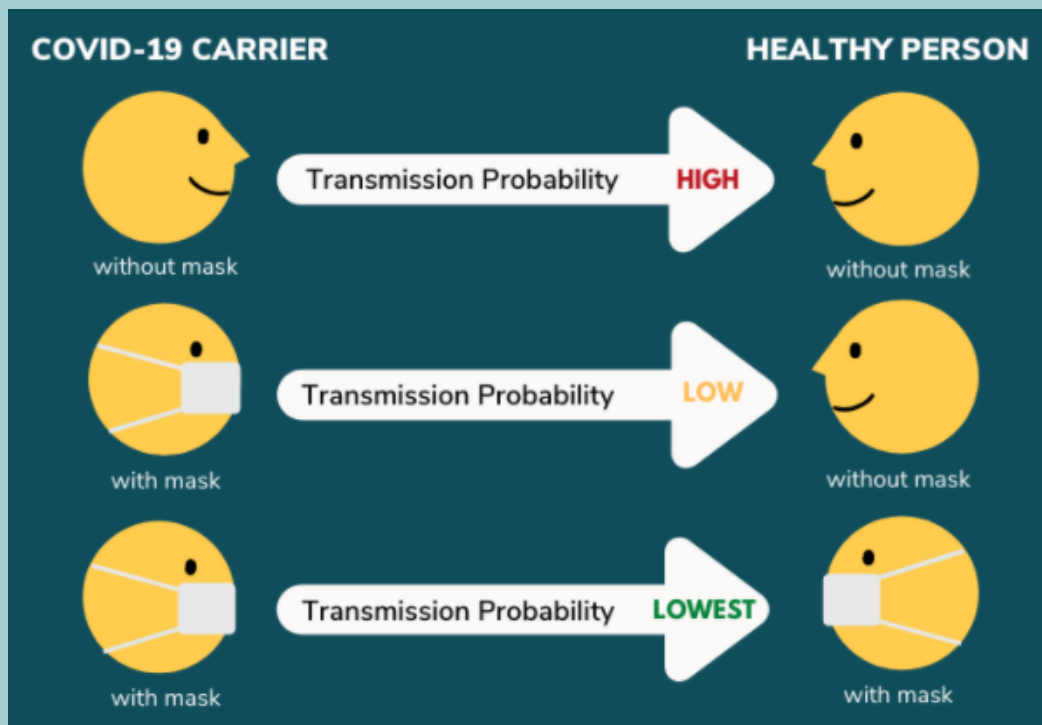
Feasibility and Adaptations

- Individuals who are D/deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear cloth face coverings if they rely on lipreading to communicate.
- Some individuals with developmental disabilities, sensory integration concerns or tactile sensitivities, certain mental health conditions, or limited cognitive ability may have a negative reaction to wearing a cloth face covering.
- Individuals should not wear cloth face coverings while engaged in activities that may cause the cloth face covering to become wet, like when swimming at the beach or pool.
- Individuals who are engaged in high intensity activities, like running, may not be able to wear a cloth face covering if it causes difficulty breathing. Individuals should disengage in any activity if they have difficulty breathing. If a person is not able to exercise comfortably indoors with a face covering then they should seek an alternate exercise activity outside.

- Individuals who work in a setting where cloth face coverings may increase the risk of heat-related illness or cause safety concerns due to introduction of a hazard (for instance, straps getting caught in machinery).
- Reasonable accommodations may be made for those who are unable to wear a face covering for documented health reasons. Students should contact the Student Accessibility Resource Center and faculty and staff should contact HR.

[Click here to learn more from the CDC about considerations for wearing cloth face coverings](#)

Mask Use Transmission Probability



How to Wash Cloth Face Coverings

To Wash

You can include your face covering with your regular laundry.

Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

1. Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
 - 4 teaspoons household bleach per quart of room temperature water
2. Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
3. Soak the face covering in the bleach solution for 5 minutes.
4. Rinse thoroughly with cool or room temperature water.

To Dry

Make sure to completely dry cloth face covering after washing.

- Use the highest heat setting and leave in the dryer until completely dry.
or
- Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

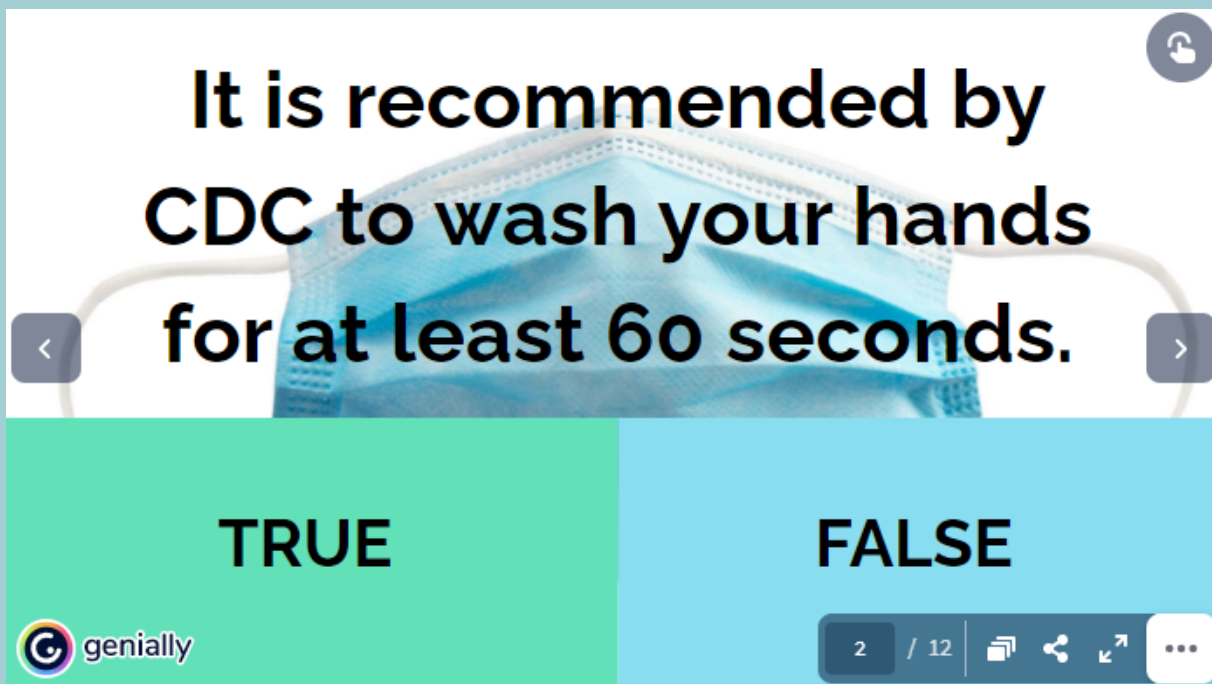
Cover Coughs and Sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water

are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Knowledge Check

Test your knowledge using the interactive quiz embedded below. If the interactive quiz doesn't work, try the [Google Form Quiz](#) instead.



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